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Barriers to effective pain management in oncology units: Insights into nursing and health administration

Fatun Khaled Abdullah Al-Qarni
KSA, National Guard Health Affairs

Ali Mesfer Alkhathami
KSA, National Guard Health Affairs

Mana Muhammad Abdullah Al-Qahtani
KSA, National Guard Health Affairs

Ahmed Ali Alharbi
KSA, National Guard Health Affairs

Mohammed Eid Alhawit
KSA, National Guard Health Affairs

Ahmed Ibrahim Albushi
KSA, National Guard Health Affairs

Sultan Salem Alenazi
KSA, National Guard Health Affairs

Saleh Fayez Saleh Alfayez
KSA, National Guard Health Affairs

Abdullah Omran Alluhaibi
KSA, National Guard Health Affairs

Fayez Muawidh Alraddadi
KSA, National Guard Health Affairs

Mohammed Faraj Albalaw
KSA, National Guard Health Affairs

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***Corresponding email**: akk29337@gmail.com*
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Khalaf Ibarhiam Albalawi
KSA, National Guard Health Affairs

Ahmed Moqbel Alenezi
KSA, National Guard Health Affairs
Asim Mohammed Aleidi Altaymani
KSA, National Guard Health Affairs

Ahmed Suhaiman Alsharari
KSA, National Guard Health Affairs

Omar Lafi Olaythah Alhejaili
KSA, National Guard Health Affairs

Naifa Hail Alaidan
KSA, National Guard Health Affairs

Mokhld Sanhat Alotaibi
KSA, National Guard Health Affairs

***Abstract*---Background:** Effective pain management in oncology settings is critical yet often hindered by various challenges. Nurses frequently face physical, psychological, and systemic barriers when managing cancer-related pain. **Aim:** This study aims to explore the barriers oncology nurses encounter in pain management and identify strategies to overcome these challenges, with implications for both nursing practice and health administration. **Methods:** A comprehensive literature review was conducted to analyze the difficulties faced by oncology nurses, focusing on aspects such as pain assessment, medication administration, education, and interprofessional communication. **Results:** Key barriers identified include inadequate pain assessment tools, concerns surrounding opioid use, and insufficient interprofessional communication. Strategies employed by nurses to address these challenges include advocating for systemic changes, implementing continuous pain assessments, and fostering collaboration within the healthcare team. **Conclusion:** Oncology nurses are pivotal in improving pain management by identifying barriers, advocating for effective solutions, and ensuring optimal patient care. Enhancing communication, education, and administrative support can further empower nurses to address these challenges effectively.

***Keywords*---**Pain management, oncology nurses, cancer-related pain, barriers, advocacy, healthcare administration.

Introduction

A key component of oncology treatment is the management of pain that the majority of cancer patients experience as the direct result of the disease or therapy. Nevertheless, an improved approach to address the problem of pain among cancer patients, oncology nurses still have numerous challenges that complicate the provision of adequate pain relief. These barriers are complex and can be characterized by issues to do with pain assessment and evaluation, organizational or facility limitations, issues of communication and final but not the least issues of psychology of the pain. Nurses who are the first-line carers assume the most crucial responsibility of dealing with the mentioned challenges. Their Role goes beyond simple prescription of medicines; It involves, promotion, education, support, and coordination with other healthcare givers. This paper aims to identify some of the struggles faced by oncology nurses in the management of cancer related pain and whether it is possible to eliminate the challenges to enhance the quality of life of the cancer patients.

Pain management for patients with cancer: emerging issues

Using research evidence, this paper seeks to discuss some of the challenges that make the management of cancer pain fraught with several difficulties. Most cancer patient's pain is complex in that it can originate from the tumor, treatment modalities or other associated diseases. For example, pain can be due to tumor infiltration of the tissue surrounding the organ; infiltration of nerves or bone metastases; all of which have to be dealt with differently. In addition, the severity and the nature of the pain differ depending on the stage of the cancer, the type of the cancer and the overall state of the cancer patient. Due to this variation one cannot come up with a standard approach that one has to use in the management of the pain since dynamic pain management plans are necessary.[2,3]Another is the failure by cancer patients to report pain, or even when they do, report it in a wrong manner. Patients might not wish to tell their doctors of their pain because they feels it may be looked at as weakness or because they do not want to be subjected to more treatments since some of them could be dangerous. This is made worse by language barriers under which patient may not adequately explain the level or type of pain. Also, there is lack of adequate experience and time among the healthcare professionals inclusive of nurses to assess pain adequately. They may also have difficulties in the differential classification of pain whether somatic pain, visceral pain or neuropathic pains all of which have different management systems. This results in less than ideal pain management plans being employed because adequate pain assessment was not carried out.[4]

However, one of the main challenges is the inconsistency of the population's access to sufficient resources for pain management in general and especially during emergencies, in developing countries or rural areas. Limited assess ability of pain-reducing drugs including opioids is therefore a recurrent issue in many regions of the world because governments restrict their sale and the use because of concerns with drug abuse. This can lead to patients not being given the correct medications, or where given, doses are insufficient to alleviate their pain. In addition, utilize cultural, legal and institutional practices may affect prescription

and administration of pain-relieving medications even in the well-endowed countries. There can be challenges toward achieving a proper balance of pain management for patients while trying to avoid complications that accompany drug dependency problems or the development of the opioid epidemic.[5]

Identifying Obstacles in the Delivery of Pain Management in Oncology Care

There are numerous challenges that interfere with the delivery of pain management in oncology and impedes the appropriate approach to cancer related pain. The first of the challenges is the bio-psychosocial nature of cancer pain. Cancer pain is complex and may originate from the primary tumor, the localized metastases or extension of the tumor, invasive interventions or procedures, and various side effects of active cancer treatments such as chemotherapy, radiotherapy, and surgery. This shows that the causes of pain are many and varied hence, there is need for a total and patient specific approach when addressing the issue of pain. Nevertheless, pain etiology is not always easily ascertainable since all kinds of pain: somatic, visceral or neuropathic, require different approaches to the management. The problem with absent or misidentification of the type of pain is that treatment interventions are sub-optimal or misplaced, hence reducing the quality of life of patients.[6] One problem related to the delivery of pain management of cancer patients is that pain is sometimes under assessed or MI assessed. Pain is usually rated with difficulty; patients may have poor vocabulary to express the pain, and due to certain consequences, they may deny having severe pain. Cutting across this is cultural practices whereby certain patients can be from cultures where the showing of pain is deemed as taboo and others who feel that pains are inevitable in cancer. Healthcare providers especially the nurses do not always have the means, time, or training to perform proper and repeated pain evaluation. This results in inadequate documentation of pain and, in turn, the interventions meant to control pain may not be optimal. Another concern for nurses would be that they may find it difficult to differentiate between various sorts of pain, which only serves to add to the difficulty of choosing the best way to treat it.[7] Another grand challenges to adequate pain management in oncology are related to opioids and prescription restrictions. Opioids are perhaps the most widely used analgesics for cancer pain but they are not always easily available particularly if the country has stringent laws around the use of opioids. Due to concerns about opioid addiction or misuse some areas find themselves with limited regulation on the use of these medications and this hampers the necessary provision of pain control. Also, doctors avoid prescribing opioids in required quantities due to the problem of substance abuse even in the person, who really needs this kind of pain management. This loses the chance of giving effective doses of pain relievers to cancer patients who stand to benefit from them while continuing to endure pain. In addition, the social prejudice resulting from the opioid use means that patients and physicians seldom discuss pain management strategies and intervention.[8]

Nurses and other healthcare professionals dealing with patients with cancer also experience major challenges of time and resources in oncology context related to pain control. Because of the high patient-to-nurse ratio that is common in nursing, effective pain assessment and monitoring remain cumbersome and time-consuming endeavors for nurses. Due to heavy work in most oncology wards, it is

challenging to spend ample time to conduct constant pain evaluations, reassessment of the medication, and patient consultation on pain. Lack of, or less availability of pain clinic specialists, or other important apparatus for managing pain can even worse such difficulties. In addition to the overall complexity of cancer pain management during any of the stages, the continually evolving need to reassess and recalculate patients' pain management makes this level of care unattainable given time limitations and workforce shortages. [9]

Exploring Nurse Perceptions of Pain Control Barriers in Cancer Treatment

Oncology nurses ourselves have a central role in the management of cancer related pain while their attitudes towards the barriers that hinder effective control of cancer related pain often represent a key obstacle in oncology nursing practice. Nurses often meet cancer patients at various points during their cancer care that allows them to screen and assess pain in the patients. However, several factors affect their capacity to manage pain and these apparently are inclined with their understanding of what may hamper pain management. These perceptions need to be understood if better pain relief practices are to be established and if the best treatment outcomes for cancer patients are to be achieved.[10] The three main challenges that nurses perceive include the insufficient pain assessment tools and time problems in the oncology. Cancer pain is unique to each patient and the treatment approach is dependent strictly on the assessment of pain intensity, location and cartelistic. However, many nurses are dissatisfied by the available methods to assess the pain, like using an appropriate pain scale. First of all, pain is subjective and the current instruments could not include all the types of pain that is possible for cancer patients to feel: somatic, visceral, and neuropathic. Furthermore, oncology units are busy with high patient-nurse ratios and multiple patient cares thus patients are not afforded the luxurious of champions and ongoing pain assessments by the nurses they assigned to. Nurses may consider the scarcity of time a major issue in pain management because one can hardly pay much attention to patients' pain levels, let alone change the treatment plan based on the patients' condition.[11]The other major challenge that emerged from the study was the professional and legal limiting in the use of opioids as identified by the nurses. Opioids may provide the best treatment for cancer pain, but the overwhelming attitude of many nurses toward opioid prescriptions is a major concern. In some nations and healthcare systems, opioids are strictly controlled and the fear of addiction or misuse of these drugs will lead to overemphasized protocol concerning their use. For that reason, nurses, knowing such rules and regulations, might be afraid to ask for more powerful opioids, or to increase dosage or frequency, if they see that the patient is still in pain. This results in a situation where nurses have a perception that their capacity to deliver high quality care is hampered by some constraints which are off their control, a factor that can contribute to dissatisfaction with the nursing workplace.[12]

In addition to this, the nurses stated that they understand barriers when conveying pain relief needs with the rest of the multihued healthcare team. Pain management in oncology requires a team approach involving physicians, pain specialist, pharmacist and nurses. There can also be perceived communication breakdown among the team members making the nurses to feel they are not involved in decisions concerning changes in the dosage of pain relievers or

differing approaches in dealing with a patient. For instance, doctors may receive patients' observations of pain differently from the nurses or may not be willing to change the treatment plan of pain to use substances such as opioids or other controlled substances. Nurses may feel that such concerns erode their function in handling pain and the efficiency of treatment plan in general.[13]It is also important to understand psychosocial aspects in patients as well as in nurses themselves to identify more or less suitable barriers in relation to pain management. This may contain patient's cultural beliefs and personal attitudes to pain influence their perception when reporting and management of pain. Some of the patients may be culturally or personally sensitive to express their pain and some may have fear of becoming clients to pain medicine. This reluctance can also create a guesswork for the nurses in trying to understand the real situation of the patient and or the intensity of pain the patient feels and the kind of intervention to give. Further, the patients may develop exacerbation of certain psychological complaints such as anxiety or depression that facilitate the perception of pain. Thus, to speak, nurses are aware of this connection, stating they may be feeling Ill-prepared to deal with the psychological aspect of pain as far they often lack the needed tools and experience to offer some psychological and/or mental help.[14]In addition, there could be personal barriers to implementation of evidence-based practice to do with the training level of the nurse. though most nurses receive at least basic training in the management of pain, not all of them have specialized knowledge as to how pain in cancer patients should be managed. Lack of continuing education may be viewed by nurses on the scene as a limitation to receiving accreditation in the best oncology pain management. This may cause one to feel incompetent when managing difficult pain-related conditions especially in cancer related terminal pain patients or patients with chronic pain. Lack of knowledge about new trends in approach to pain management such as adjuvant therapies and/or non-pharmacologic therapies present nurses with confusion on how to approach cases with patients. [15]

Factors Influencing Pain Management Efficacy in Oncology Nursing

There are many features that affect the process of pain control in patients with cancer and must be taken into consideration by an oncology nurse. These factors range from clinical, organizational and psychosocial in nature, and are key enablers/facilitators of better care nursing. Since they play important roles as direct caregivers, especially in outpatient and ambulatory care for cancer patients, nurses are frequently the 1st providers to evaluate, triage, and treat pain or to advocate for pain relief. Nevertheless, the impact and outcome of their actions reflect the many factors that moderates the pain experience and has an interface with many restrictions in the context of health care delivery.[16]

- **Pain Assessment and Identification:**

Accordingly, initial assessment and evaluation of clients' pain is the cornerstone of the right approach to patient pain control. Cancer pain can be multifactorial and therefore the nurses should use the right tools while trying to identify the type, intensity and location of the pain. Classification of pain is also based on its etiology: somatic, visceral and neuropathic, the management of which is different.

Nevertheless, a number of oncology units lack established practices and/or proper training in implementing the pain assessment tools leading to under documentation or over documentation of the pain severity. The complexity of pain and its rather individual assessment based on the patient's own description, and separate language or cognitive impediments only add to this. In particular, when selecting the correct treatment strategy, it is core to evaluate the efficacy of the different critical assessment avenues in relation to pain. Pain assessment can be compromised by lack of time or resources leading to poor Pain management interventions outcomes.[17]

- **Knowledge and Training of Nurses:**

The counterparts that nurses acquire in their level of education and specialized training in oncology and pain management are still another string consideration for pain management success. Of course, all nurses are taught something regarding pain assessment and management; however, oncology nurses must possess a higher level of knowledge to understand general and specific principles of cancer pain, types of drugs and, for instance, the methods of palliative care. Depending on the training they received in school, nurses may not be experienced in giving patients opioids or employing Nonpharmacological modalities such as nerve blocks. Pain management is a critical area of concern in cancer care where workforce development plays a critical component of enhancing efficacy through education and professional development. The study found that expert knowledge and evidence based practices make nurses more self confident and capable to handle group C cancer pain situations.

Interprofessional Collaboration and Communication:

Management of cancer related pain has become an important aspect of oncology nursing and must involve a multidisciplinary team approach. This common care team of Oncology involves a physician, nurse, pharmacist, social worker, and a palliative care specialist, since every individual acts and thinks dissimilarly. Still, failure to properly communicate or to coordinate between these team members may lead to poor results on the pain management. Patients themselves frequently turn to their nurses for pain management assistance, and the same nurses may experience issues with conveying their patients' pain requirements to other clinicians. For instance, physicians may hesitate to prescribe more amount of opioids or pharmacists are not willing to explain other options for pain management medication. When health care professionals are poorly communicating, pain management plans may be delivered late or less effectively, ultimately resulting in less than adequate pain control. Successful interprofessional practice involves daily team meetings, clear protocols of practice, and shared vision regarding the expectations of timely pain intervention.[18]

Socioeconomic and Institutional Barriers:

Other factors are also as follows and they originate from the institution and system that surround the patient and the healthcare providers. Hospice nurses requiring treatment in hospitalized or clinic environments with scarce resources or in developing nations or regions may lack adequate medications or satisfactory

devices to deal with pain. Wherever there are high opioid laws restricting use can be a big hindrance because stringent laws that surround the use of opioids as pain relievers trim the availability of the drug. It is also plausible that in hospitals of developed countries, there are not enough pain specialists, or the institution may not be adequately equipped to provide support services for patients with complicated pain requiring services of pain palliative care teams. Other threats to performing may stem from workload where for instance, the nurse-patient ration provided limits time that the nurse is able to spend with a patient thus limiting efficient pain management. Also, patients from the lower compliance can hardly enter the health care system or they can barely afford the necessary pain medications, which means that their pain management is compromised.

Psychological and Emotional Factors:

Another approach to understanding efficacy of pain management is related to psychological and emotional factors of patients and personnel. Pain is described by the patient using qualitative words such as anxiety, depression, and fear that are real in cancer patients and greatly contribute to the perceived pain. Depression and anxiety can prevent pain medicines from working as well, and make the management of pain even more challenging. It is common for the nurses to meet patient who presents some emotional aspects of pain such as the fear to develop dependence on prescribed pain medicines or fear to complain pain because it may cause burden to their caretakers. To that extent, managing the psychological aspects and dimensions of pain, needs to involve a comprehensive, individualized patient's paradigm. Here, the nurses don't only deal with the physically associated with pain but they provide comfort to their hearts besides calling in psychologists in case of need. Nurses' emotional state can also influence successful pain management practices, or the lack of them. [19]

Nurses' Insights on Pain Management Challenges in Cancer Care

Of any cancers that are associated with pain, oncology nurses face a great deal of challenges at some point in their practice. They include factors that may compromise the quality of care to be delivered as well as pain relief interventions. Nurses being the first line of care for patients at various settings have the responsibility of assessing the pain as well as addressing the patient needs involved in implementing treatment, providing education and promoting specific change on pain management. Their evaluations of the challenges faced in pain management need to be considered when filling the gaps and improving the general approach to cancer pain care.[20,21]

Inadequate Pain Assessment Tools and Time Constraints:

This same question however reveals a major problem that nurses encounter in handling cancer pain, that is, absence of strong and reliable tools for pain assessment. Various types of pain occur in cancer patients; somatic, visceral and neuropathic pain all of which must be managed differently. Nonetheless, according to the nurses many of the used tools working with pain include numerical rating scales and visual analog scales are deemed inadequate to address the issues detailed below. These tools do not necessarily reflect variation

in pain severity/ type or the patient's reaction to the administered medication, thus challenges nurses in assessing the real level of pain that the patient is experiencing.| In addition, lack of sufficient time due to increased census in busy oncology units often hinders the nurses' assessment, ability to observe the patients' responses over some time or perform ongoing pain assessment. Due to high working load and chaotic and packed patient calendar, nurses may get impression that they do not have many opportunities to return back to the patients and reassess the pain management and so achieve less than optimal outcomes.[20]

- **Opioid Regulations and Hesitancy in Medication Administration:**

A major problem that you find in a cancer pain management program, which the nurses often cite, is the limitation on the use of opioids due to regulation. Opioids are usually the basis of cancer pain management; especially when the pain is severe or at an advanced stage. However, fear of developing an addiction or facing charges from the regulatory body and or the law dissuades employees, including nurses, from administering opioids. These concerns can lead to delayed or reluctance in increasing opioid dose as per the requirement when patient continue to suffer from pain as reported by the nurses. Further, some nurses may refrain from increasing the opioid dose or may prescribe opioids at all due to organizational rules that restrict opioid prescription volume or due to rules that require specific procedures before increasing the opioid dose. This regulatory setting may cause conflict between pain relief and risks for abuse, resulting in the decrease of nurses' assurance in numerous and adequate pain relief in adequate time.[21]

- **Communication Barriers with the Healthcare Team:**

Oncology patients' pain management should be a multimedia approach. When it comes to giving and receiving instructions about pain management, nurses are the patient advocates; however, at times their communication could be hampered with other members of the healthcare delivery team. For example, some oncologists can disagree with the nurses' perceptions of pain or decision to alter the dose. Nurses might also suffer from poor communication with the goals or plans of pain management or other treatments. In some cases, the organizational cultures of physicians and nurses differ and this makes it difficult for the patients to get changes they might require to their pain management programs. Also, cancer pain needs the involvement of different professionals, such as a palliative care team, pain medicine specialist or clinical pharmacist. The nurses mentioned that they get frustrated whenever communication with such specialists is hampered, or when there are delays in receiving suggestions, or prescriptions for complementary modalities.[22]

Psychological and Emotional Impact on Pain Perception:

It is for this reason that the Scold adequately appreciate the psychological and emotional dimension of cancer pain in oncology units. Pain is likely to be perceived when a cancer patient is suffering from anxiety, depression, and fear as we know that these are some of the feelings that a patient is likely to develop

when suffering from cancer. Nurses get an opportunity to notice that a patient's mental condition affects how much pain the patient is willing to endure as well as how receptive the patient can be to treatment. For example, patients diagnosed with anxiety or depression are likely to express greater pain than when their physical condition is treated. Besides, patients may have multiple concerns such as side effects of analgesics, dangers associated with opioids, which may make them reluctant to adhere to the prescribed treatments. The problem is that the physical and psychological aspects may be difficult to deal with by nurses if they are not trained in or have the means to provide sufficient emotional treatment for patients. Another way the burden is placed on the nurses is the emotional stress that is put on the nurses themselves which in turn affects the ways in which they manage the pain. Whereas where the nurses develop burn out or compassion fatigue they will lack the ability required to demonstrate a good level of Empathy and attention needed in the management of pain.[23]

Cultural Beliefs and Patient Reluctance to Report Pain:

Hence, cultural factors are deemed to contribute to the manner in which cancer pain can be addressed. Patient cultural characteristics interpreted by nurses are often culturally different and vary from one culture to another with regard to pain and analgesics. In some cultures, the patients may look at pain as a normal part of the disease process or, at best, may be reluctant to report of the pain because it is embarrassing or is interpreted as a sign of affliction or burden. As a result from this cultures, nurses and other healthcare professionals can hardly determine the actual level of discomfort that the patient is experiencing. Besides that, for some patients, the idea of using potent analgesics may be unpalatable due to the fear of drug dependency. [24]

Lack of Training and Education in Pain Management:

This was supplemented by nurses' observations that another problem is the inadequacy of cancer pain control training for nurses. While nurses undertake a basic orientation about pain in their general training, few undertake or continue with focused education on the multifaceted aspects of cancer pain. Cancer pain can originate from a number of sources such as, progression of the tumor, the effects and complications of treatment, and psychological factors. Nurses may be ignorant of the modern pharmacological management, other therapies, or the palliative therapy that may be used in management of these different types of pain. If they (nurses) are not familiar with continuing education or specific program in pain management, they may not feel competent enough to deal with difficult pain cases probably in patients with advanced cancer who have uncontrolled pain or require palliative care. Filling this gap with enlightenment campaigns, education, and training as well as certification can improve the competency of nurses over oncology pain management.[25]

Family Dynamics and Support Systems:

Nurses also understand that family factors and the kind of support that families offer to their patients greatly influence pain relief interventions success'. There is always family involvement most of the time in the treatment process of the patient

by helping in administration of pain relievers, emotional support and fighting for the patients rights. However, relatives may never be privy to the plan to manage the patient's pain or may never understand it hence offering conflicting care. Sometimes, relatives may not encourage patients to use pain control medication especially opioid because of the tendency of dependence or side effects. It pointed out that, nurses might have to be closely involved with families to help them understand why they should support pain reduction, and why they should not be afraid of it. When parents as caregivers are knowledgeable on their clients' needs and participate in their caregiving process.

Exploring the Potential of Nurses: Bypassing Oncology Pain Management Challenges

Many challenges exist regarding the management of cancer related pain and the nurses can help to prevent them. Because patient care workers spend more time with the patients, they are ideally suited to evaluate, observe, and respond to pain as it happens. Oncology nurses encounter numerous unmanageable barriers including the physical and psychological barriers, institutional barriers as well as communication barriers but surgeons are always at the center of coming up with the solutions of different strategies in order to enhance the patient outcomes. The idea of going beyond simply prescribing medication as being the key steps of addressing the barriers to effective pain management is well elaborated about the duties of the nurses in patient advocacy, educational, and interprofessional collaboration, and learning efforts for advancing pain management techniques.[26]

Comprehensive Pain Assessment and Continuous Monitoring:

One important approach that a nurse takes in a bid to eliminate the barriers to effective pain management is that results in continuous assessment of the pain. Cancer pain may be somatic, visceral or neuropathic and sometimes can have components of the three types hence the different approach to managing them. There are independent and self-Tab 1, Self-Reported Pain Assessment by Nurses and Patients reported pain assessment techniques where nurses are also taught the behavior and physiological baseline form of the patient in order to develop an overall understanding of the pain. Nurses' work involve re-assessment of client's pain and redesigning pain management strategies at regular intervals, if necessary. Routine pain evaluations enable the nurses to determine when a patient's pain is poorly managed so that necessary changes to the care plan can be made to achieve optimal pain control over time. However, the problem is that many tools for pain assessment, such as numerical rating scales or visual analog scales, are not always sufficient to solve all the problems concerning cancer pain. One barrier to effectively managing pain is the reliance on a single number on the visual analogue scale that fails to capture the entire picture of what pain does to a patient Nurses can play a critical role by promoting the need to use other tools to measure pain to include measures of intensity, interference, mood and functioning. By frequent follow-up with healthcare students, nurses can give their best in ensuring that patients' pain is checked and adjusted as often as needed.[27]

Advocacy for Adequate Pain Relief:

Pain management is a key concern in caring for the patient and many times, oncology nurses are the initial and sole guardians of the patient's pain relief agenda. They translate patients' pain status and perceptive to the physicians, guarantee that pain control is an important part of the treatment. When a patient with pain remains undertreated, nurses speak for modifications in treatment plans, which includes changing opioid dose, adding adjuvant analgesics (antidepressants, anticonvulsants for neuropathic pain), or employing other approaches, for example, physical therapy, acupuncture, palliative care or any other. This means that through the advocacy of nurses patients should not be left to suffer through the pain and discomforts of the illness.[28] In a similar manner, time claimed to be another hindrance of nurses though they are determined to advocate for patients' pain relief because of the increasing worries and regulatory measures on opioid usage. The conflict that nurses experience is between supporting the patient pain relief and the practice of organizational practices and legal frameworks. However, oncology nurses play a crucial in no under prescription of opioids, particularly among patients with escalating palliative care or terminal malignancy cancer pain. Since many patients and families are rightfully concerned over the risks of opiate use, increasing their knowledge of why these drugs may still be necessary and safe when prescribed and administered properly is an important goal of pain nurse educators. [29]

Multidisciplinary Collaboration:

Management of cancer related pain involves the involvement of the care provider team including oncologists, pain physicians, palliative care teams, pharmacists, clinical psychologists, and social workers. Nurses cover an especially important role in this multi-professional model since they interact daily with the patient and other members of the health care team. Through communication and support of a team work approach observed to counterbalance the MD physicians by promoting patient-oriented pain control. Nurses can tell when the intervention plan in pain management is not effective and can alert the physician or the pain specialist on this. This approach of working together allows for all features of the patients' pain to be addressed: the tumor pain, pain that might be caused by the effects of the therapy, or psychosocial influences. They also help the patients who may require their advice to understand their options of pain management whether as part of the team decision or individually.[30]

Education and Empowerment of Patients and Families:

Evaluations of patients with cancer and their families indicated that they experience confusion and fear regarding pain control. This may in turn result in failure to report pain, refusal to take the prescribed drugs, or/and lack of information on pain management. These barriers can however be addressed by nurses through the provision of adequate information to customers and their families on issues to do with pain management and the impact of its optimization on overall lives of customers. Education involves making the patient understand types of cancer pain, kinds of pain relief available, both medication and non-medication, and communication with care givers regarding their pain level.

[28,29] Additionally, by informing patients of the possible adverse effects of pain relieving drugs, including opioids, and how to manage those effects will also be of great help. Also, nurses also involve patients in its management to ensure they have a voice or the ability to champion their own pain needs and outcomes. In this way, by enhancing the partnership relations with patients, nurses enhance the opportunity to register pain and receive signals which is helpful in adopting elaborate approaches to pain regulation among patients[30].

Conclusion

Therefore, ending the last note, the oncology nurses are preeminent in combating the barriers lowered towards helpful pain management of cancer patients. More than simple administering of narcotics, constant monitoring, reason for therapy, support and liaison work are all part of the wealth of responsibilities that the nurses have that helps realize that pain relief is not an option but a priority. Notwithstanding, the systemic, psychological and communication barriers remain embedded in practice; the competency with which nurses can negotiate or manage such barriers has the potential to enhance patient outcome. When equipped adequately and properly with knowledge and wrap strategies, nurses can improve the quality of pain management in oncology and overall cancer patient experiences, dignity and respect.

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الحواجز التي تعيق الإدارة الفعالة للألم: وجهات نظر الممرضين في وحدات الأورام

الملخص

الخلفية: يواجه المرضى الذين يعانون من الألم الشديد تحديات متعددة، وفقًا لنتائج الدراسة الحالية، يواجه الممرضون في مجال الأورام صعوبات عديدة تتعلق بإدارة الألم لدى مرضى السرطان، بسبب الحواجز الفيزيائية والنفسية والنظامية.

الهدف: تهدف هذه الدراسة إلى استكشاف التحديات التي تواجه ممرضي الأورام في إدارة الألم المرتبط بالسرطان، بالإضافة إلى تحليل الأساليب المتبعة للتغلب على هذه التحديات.

المنهجية: تم إجراء مراجعة أدبية لفهم أنواع الصعوبات التي يواجهها ممرضو الأورام، مع التركيز على جوانب تتعلق بالألم، والأدوية، والتعليم، والتواصل.

النتائج: أبرزت الدراسة عددًا من العوائق مثل: عدم كفاية الأدوات المستخدمة لتقييم الألم. التحديات المرتبطة باستخدام الأفيونات، نقص التواصل بين أعضاء الفرق متعددة التخصصات، تناقش الدراسة أيضًا كيف يسهم الممرضون في معالجة هذه التحديات من خلال الدعوة لإجراء تغييرات، وإجراء تقييمات مستمرة، والعمل بتنسيق مع الفرق الصحية الأخرى.

الخلاصة: يلعب ممرضو الأورام دورًا محوريًا كوسطاء في تحسين إدارة الألم من خلال تحديد الحواجز التي تعيق الإدارة الفعالة، والسعي لضمان حصول المرضى على أفضل العلاجات، وتقديم الرعاية المثلى لهم.

الكلمات المفتاحية: الألم المزمن، ممرضو الأورام، الألم المرتبط بالسرطان، التحديات، دور المدافعين، المرضى.